

# IT'S ALL ABOUT FOOD

Choreographer: Michael & Regina Schmidt, Lebensbaumweg 21, 50767 Köln, Germany,  
Tel.: 0049 – 221 – 7125029 e-mail: [rumsdance@gmx.de](mailto:rumsdance@gmx.de)

**Release 1.0 / Jan 2016**  
web: [www.rumsdance.de](http://www.rumsdance.de)

Record: CD "Tie Dye" by Keb' Mo' et al, Track 4 "Okra, Corn, and Tomatoes", 2:17 min

or Download iTunes

Rhythm & Phase: WCS/JV, IV +1 (Whip Turn) +2 (6 Count Starter, free Spin)

Speed: as comfortable

Footwork: Opposite except where noted

Sequence: INTRO - A - B - C - A(1-11) - END

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## INTRO

1 - 4 WAIT 1; 6 COUNT STARTER – UNDERARM TURN;;;

- 1-4 Wait 1 meas in loose CP RLOD ld ft free; Rk sd L, rec R, sd L/cl R, sd L; Sml bk R with toes trnd out & istp cl to heel of L/rec L, slghtly bk R, (*Underarm Turn*) bk L trng RF, sd & fwd R twd LOD trng RF; Fwd L/cl R, fwd L, sml bk R with toes trnd out & istp cl to heel of L/rec L, slghtly bk R to LOP LOD;  
[W (2-4): Rk sd R, rec L, sd R/cl L, sd R; Sml bk L with toes trnd out & istp cl to heel of R/rec R, slghtly bk L, (*Underarm Turn*) fwd R, fwd L undr jnd ld hnds; Fwd R/L, R trng ½ LF, sml bk L with toes trnd out & istp cl to heel of R/rec R, slghtly bk L;]

## PART A

1 - 4 KICK BALL CHANGE – SUGAR PUSH;; LEFT SIDE PASS – KICK BALL CHANGE;;

- 1-2 Kck fwd L/take wgt on ball of L, sip R, (*Sugar Push*) bk L, bk R; Tap fwd L no wgt, step on L, sml bk R with toes trnd out & istp cl to heel of L/rec L, slghtly bk R to LOP LOD;  
[W (1-2): Kck fwd R/take wgt on ball of R, sip L (*Sugar Push*) fwd R, fwd L; Tap bk R no wgt, step on R, sml bk L with toes trnd out & istp cl to heel of R/rec R, slghtly bk L;]
- 3-4 Bk L com LF trn, sml bk R out of the slot comp ¼ LF trn ldg Lady to pass, sd L/cl R, sd & fwd R trng ¼ LF to LOP RLOD; Sml bk R with toes trnd out & istp cl to heel of L/rec L, slghtly bk R, (*Kick Ball Change*) kck fwd L/take wgt on ball of L, sip R;  
[W (3-4): Fwd R, fwd L comm LF trn, sd R cont trn/XLIF of R cont trn, bk R comp ½ LF trn feg ptr; Sml bk L with toes trnd out & istp cl to heel of R/rec R, slghtly bk L, (*Kick Ball Change*) Kck fwd R/take wgt on ball of R, sip L;]

5 - 8 TUCK & SPIN – UNDERARM TURN;;; SAILOR SHUFFLES;

Bk L, bk R to tight and low BFLY, tch L to R, fwd L; Sml bk R with toes trnd out & istp cl to heel of L/rec L, slghtly bk R, (*Underarm Turn*) bk L trng RF, sd & fwd R twd LOD trng RF; Fwd L/cl R, fwd L, sml bk R with toes trnd out & istp cl to heel of L/rec L, slghtly bk R to LOP LOD; In LOP XLIB of R/sd R, sd L, XLIB of L/sd L, sd R;  
[W (5-8): Fwd R, fwd L to tight LOP, tch R, step on R spin 7/8 RF to fc ptr, sml bk L with toes trnd out & istp cl to heel of R adjust another 1/8 RF/rec R, slghtly bk L, (*Underarm Turn*) fwd R, fwd L undr jnd ld hnds; Fwd R/L, R trng ½ LF, sml bk L with toes trnd out & istp cl to heel of R/rec R, slghtly bk L; XLIB of R/sd L, sd R, XLIB of L/sd R, sd L;]

9 - 12 WRAPPED WHIP;; SIDE BREAKS 2 SLOWS 4 QUICKS;;

- 9-10 Bk L to dbl hndhold, rec R trng ¼ RF, bring M's L and W's R hnds in and over W's head sd L cont RF trn arnd W/cl R, sd and fwd L in wrap pos; XRIB of L trng RF release M's R and W's L hnds, sd L trng RF to LOP fc LOD, sml bk R with toes trnd out & istp cl to heel of L/rec L, slghtly bk R;  
[W (9-10): Fwd R, fwd L, fwd R/cl L, bk R; Bk L, bk R, sml bk L with toes trnd out & istp cl to heel of R/rec R, slghtly bk L;]
- 11-12 Release hnds sd L/sd R -, cl L/cl R, -; Sd L/sd R, cl L/cl R, sd L/sd R, cl L/cl R to LOP LOD;

## PART B

1 - 4 TUCK AND SPIN TO RIGHT HANDSHAKE INTO – RIGHT SIDE PASS;;; SAILOR SHUFFLES INTO;

Bk L, bk R to tight and low BFLY, tch L to R, sml fwd L; Jn R hnds sml bk R with toes trnd out & istp cl to heel of L/rec L, slghtly sd & bk R trn 1/4 LF to COH, (*Right Side Pass*) sml sd & fwd L twd DRC, bk R cont LF trn; Fwd L twd RLOD/cl R, fwd L, sml bk R with toes trnd out & istp cl to heel of L/rec L, slghtly bk R to R HNDSHK RLOD; Stay in R HNDSHK repeat actions meas 8 PART A to L shape man fc WALL;  
[W (1-3): Fwd R, fwd L to tight LOP, tch R, step on R spin 7/8 RF to fc ptr, sml bk L with toes trnd out & istp cl to heel of R adjust another 1/8 RF/rec R, slghtly bk L jn R hnds, (*Right Side Pass*) fwd R, fwd L comm LF trn; Sd R cont trn/ XLIF of R, sd & bk R comp ½ LF trn to fc ptr, sml bk L with toes trnd out & istp cl to heel of R/rec R, slghtly bk L;]

## PART B CONT.

### 5 - 8 RIGHT SIDE PASS WITH FREE SPIN – UNDERARM TURN;;; SAILOR SHUFFLES;

Sml sd & fwd L twd DLW, bk R cont LF trn, fwd L twd LOD/cl R, fwd L; Release hndhold ld Lady to free RF spin sml bk R with toes trnd out & istp cl to heel of L/rec L, slghtly bk R to LOP LOD, (*Underarm Turn*) bk L trng RF, sd & fwd R twd LOD trng RF; Fwd L/cl R, fwd L, sml bk R with toes trnd out & istp cl to heel of L/rec L, slghtly bk R to LOP LOD; Repeat actions meas 8 PART A;

[W (5-7): Fwd R, fwd L, fwd R/cl L, fwd R trn LF twd ptr; Release hndhld to free RF spin L, R, L, (*Underarm Turn*) fwd R, fwd L undr jnd ld hnds; Fwd R/L, R trng ½ LF, sml bk L with toes trnd out & istep cl to heel of R/rec R, slghtly bk L;]

### 9 - 12 WHIP TURN TO WALL;;; SIDE BREAKS 2 SLOWS 4 QUICKS;;

9-10 Bk L trn RF, rec fwd R cont trn to loose CP fc DRC, sml sd L/cl R cont RF trn, sd L fc COH; XRIB of L trn RF, sd L to fc WALL, release loose CP to LOP sml bk R with toes trnd out & istp cl to heel of L/rec L, slghtly bk R;

[W (9-10): Fwd R, fwd & sd L ¼ RF trn, bk R/cl L, fwd R; Fwd L swvl ½ RF, bk R, sml bk L with toes trnd out & istp cl to heel of R/rec R, slghtly bk L;]

11-12 Release hndhld sd L/sd R -, cl L/cl R, -; Sd L/sd R, cl L/cl R, sd L/sd R, cl L/cl R to BFLY WALL;

## PART C

### 1 - 4 ROCK SIDE RECOVER FRONT VINE 3 TWICE;; ROLL 4; SWIVEL WALK 4;

Rk sd L, rec R, XLIF of R/sd R, XLIB of R; Rk sd R, rec L, XRIF of L/sd L, XRIB of L; Roll LF down LOD one full revolution L, R, L, R to SCP LOD; Swvl RF on R fwd L, swvl LF on L thru R, swvl RF on R fwd L, swvl LF on L thru R;

[W (1-4): Rk sd R, rec L, XRIF of L/sd L, XRIB of L; Rk sd L, rec R, XLIF of R/sd R, XLIB of R; Roll RF down LOD one full revolution R, L, R, L to SCP LOD; Swvl LF on L fwd R, swvl RF on R thru L, swvl LF on L fwd R, swvl RF on R thru L,;]

### 5 - 8 2 FWD TRIPLES; POINT STEPS 4 TIMES;; THROWOUT;

Fwd L/cl R, fwd L, thru R/cl L, thru R; Pt fwd L, step on L, pt fwd R, step on R; Pt fwd L, step on L, pt fwd R, step on R; Fwd & sd L comm ¼ LF trn/cl R, fwd L to LOP LOD, sml bk R with toes trnd out & istp cl to heel of L/rec L, slghtly bk R;

[W (8): Sd & bk R comm ¼ LF trn/cl L, sd & bk R, sml bk L with toes trnd out & istp cl to heel of R/rec R, slghtly bk L;]

### 9 - 12 SUGAR PUSH – KICK BALL CHANGE;; WHIP TURN TO LINE OF DANCE;;

9-10 Bk L, bk R, tap fwd L no wgt, step on L; Sml bk R with toes trnd out & istp cl to heel of L/rec L, slghtly bk R to LOP LOD, (*Kick Ball Change*) kck fwd L/take wgt on ball of L, sip R;

11-12 Bk L trn RF, rec fwd R cont trn to loose CP fc WALL, sml sd L/cl R cont RF trn, sd L fc RLOD; XRIB of L trn RF, sd L to fc WALL, release loose CP to LOP sml bk R with toes trnd out & istp cl to heel of L/rec L, slghtly bk R;

[W (11-12): Fwd R, fwd & sd L ½ RF trn, bk R/cl L, fwd R; Fwd L swvl ½ RF, bk R, sml bk L with toes trnd out & istp cl to heel of R/rec R, slghtly bk L;]

## END

### 1 - 2 VINE 4 TO CENTER OF HALL; SIDE LUNGE & HOLD, -;

1-2 Sd L, XLIB of L, sd L, XRIF of L; Lower into R knee sd L, hold pos, -, -;

[W (1-2): Sd R, XLIB of R, sd R, XLIF of R; Lower into L knee sd R, hold pos, -, -;]

*STARTER: As the name implies it is used to get started in a social dance environment where no cueing is involved.*

**# Starter**

1&,2,3&,4

SD/CL, SD, BK/REC, BK  
(SD/CL, SD, BK/REC, BK)

**MAN:** Side left/close right, side left, small back right with toes turned out and instep close to heel of left/recover left, slightly back right.

**WOMAN:** Side right/close left, side right, small back left with toes turned out and instep close to heel of right/recover right, slightly back left.

**NOTE:** Figure starts in loose Closed Position. The closing step on first triple may vary from a real close to a shifted close where the closing step has a forward offset for both partners to even a crossing step down line of progression, cross in front for both partners.

*To get started in a social dance environment you wouldn't even commence with a triple to the side. Normally partners would shift weight from one foot to the other taking in the rhythm waiting for a good spot in the musical phrasing to start the Starter, preferably on the 4<sup>th</sup> or 8<sup>th</sup> measure. However, in a choreographed environment it could also be helpful to use these weight shifts as applied in the "6 Count Starter". The weight shifts are described as "rock side, recover". One could also imagine an "8 Count Starter" with a "double rock side, recover" leading into the Starter.*

*The Starter can also be turned creating a slingshot feeling at the end.*

**# Turning Starter**

1&,2,3&,4

SD/CL, SD, BK/REC, FWD  
(SD/CL, SD, BK/REC, FWD TRN)

**MAN:** Side left/close right, side left, small back right with toes turned out and instep close to heel of left/recover left, forward right leading woman to turn ½ RF.

**WOMAN:** Side right/close left, side right, small back right with toes turned out and instep close to heel of left/recover right, forward left swivel ½ RF.

**NOTE:** Figure starts ideally in loose Closed Position line of dance and ends in a "Slingshot Position" both partners facing line of dance. The closing step on first triple may vary from a real close to a shifted close where the closing step has a forward offset for both partners to even a crossing step down line of progression, cross in front for both partners.

SUGGESTED HEADCUES

**Sequence:      INTRO   A B C   A\* TAG**

INTRO            (Loose CP RLOD) Wait; 6 Count Starter – Underarm Turn;;;

PART A           Kick Ball Chg – Sugar Push;; Left SD Pass – Kick Ball Chg;;  
Tuck & Spin – Underarm Turn;;; Sailor Shuffles;  
Wrapped Whip;; SD Brks 2 S\* – 4 Q;;

PART B           Tuck & Spin to RHS into – R SD Pass;;; Sailor Shuffles into;  
R SD Pass with free Spin – Underarm Turn;;; Sailor Shuffles;  
Whip Turn fc Wall;; SD Brks 2 S – 4 Q;;

PART C           Rk, SD, Rec, Front Vine 3; Twice; Roll 4 to SCP; Swivel 4;  
2 Fwd Triples; Pt Steps 4 Times;; Throwout;  
Sugar Push – Kick Ball Chg;; Whip Turn fc LOD;;

TAG               Vine 4 to COH; SD Lunge & Hold...;